

# JOIN THE WALKING MOVEMENT! 1 MILLION STEPS TO BETTER HEALTH



## WALK THIS WAY FAMILY FUN DAY

**Saturday, December 21 | 7-9 am**

**North Miami Athletic Stadium  
2555 NE 151 Street  
North Miami, FL 33181**

Receive a **FREE** t-shirt, pedometer,  
and guide book for becoming a part of the  
**WALK THIS WAY PROGRAM.**



**Meet up  
WEEKLY FOR SELF-GUIDED  
walking at 3 rotating locations.**

**\*Mondays, 5 - 8 pm  
North Miami Athletic Stadium  
2555 NE 151 Street**

**\*Wednesdays, 5 - 8 pm  
Cagni Park  
13498 NE 8 Avenue**

**\*Fridays, 5 - 8 pm  
Pepper Park  
1255 NW 135 Street**

**\* Opportunities to log steps with staff members  
to track your progress and reach 1,000,000 steps**

**MARK YOUR  
CALENDAR EVERY  
3<sup>rd</sup> SATURDAY OF THE MONTH  
FAMILY FUN DAY!**

**Saturday, January 18 | 7 - 9 am | Cagni Park**

**Saturday, February 15 | 7 - 9 am | Pepper Park**

**Saturday, March 15 | 7 - 9 am | NM Athletic Stadium**

**Saturday, April 19 | 7 - 9 am | Cagni Park**

**Saturday, May 17 | 7 - 9 am | Pepper Park**

**Face Painting**

**Fun Zones**

**Hydration Stations On-Site  
During Walks  
Health and  
Educational Vendors**

**For more information, contact the Parks and Recreation Office at 305-895-9840.**

The City of North Miami does not discriminate on the basis of disability in the admission or access to,  
or treatment or employment in its programs or activities.